

Now Listing
Natick's
Library
events!



NATICK COMMON GUIDE

FALL 2016

*Community Education
and Resources*



Town of Natick
Community Services
Department

Adult Evening/Weekend Classes P 3

Fall Trips Guide P 17

Election Information P 24

COMMUNITY CALENDAR



ALL FALL LONG

Fall 2016 Book Discussion Series at the Natick Community Organic Farm

Come and discuss titles related to sustainable living. Come for all sessions or fewer if you like.

Natick Community Organic Farm, 17 Eliot Street, Natick

Wednesdays 9/7, 10/5, 11/9, 12/7 7:30-9:00 pm Free

Visit: www.natickfarm.org. To sign up, please call or email Melissa at (508) 904-9246; sweetsuds@zoho.com.

Natick Farmers Market

Natick Town Common or Common Street Spirituality Center

Every Saturday 9:00-1:00 pm

Natick Nights Downtown and Natick Center

Through the end of September 5:00-8:00 pm

Street performers, beer and wine tastings, music, gallery openings, family activities and more...

ONE TIME ONLY

September

Natick Days!

Join your friends and neighbors for a day of food, fun and entertainment. Natick Common.

Saturday, September 10 (*Rain date Sunday 9/11*) 10:00 am-3:00 pm

Register online at www.natickma.gov/recreation

Natick Community Organic Farm's 15th Annual Harvest Dinner and Silent Auction

Enjoy a fantastic meal featuring NCOF's finest products, plus delicious contributions from over 30 local farmers, fishermen, cheese makers, brewers, distillers, and bakers.

Friday September 23 5:00-9:00 pm

Wellesley College Club

Visit: www.natickfarm.org for more information or to make a reservation

Sliding Around the World

Take an international musical tour with brass chamber trio the Solstice Sackbuts

Sunday September 25 3:00 pm Free

Morse Institute Library

Visit: Morseinstitute.org

October

Ghosts & Hauntings with Jeff Belanger

A multimedia program featuring some of the world's most infamous haunts

Tuesday October 18 7:00 pm Free

Morse Institute Library

Visit: morseinstitute.org

A Conversation with our Neighbors

Join Shaheen Akhtar, educator and interfaith liaison for a presentation and discussion on Islam

Sunday October 23 3:00 pm Free

Morse Institute Library

Visit: morseinstitute.org

Spooktacular

Holiday and pumpkin fun for the whole family. Natick Common

Saturday October 29 12:00- 2:30 pm

November

Veterans Day Parade

The parade forms outside of Morse Tavern

Friday November 11 9:30 am

Soap Making 101

Come and discover how soap is made. All materials and equipment provided.

Natick Community Organic Farm, 17 Eliot Street, Natick

Saturday November 12 1:00-4:30 pm

Visit: www.natickfarm.org for ore information or to register

Stormy Weather: Music and Politics in the 20's, 30's and WWII

A musical and historical presentation by Beth Canterbury of Walnut Hill and Matthew Larson Boston of University Opera Institute.

Sunday November 13 3:00 pm Free

Morse Institute Library

Visit: morseinstitute.org

International Games Day

Come and be a part of Morse Institute Library's board game playing fun, and help us get Natick on the international map of gamers!

Saturday November 19 1:00-4:30 pm Free

Community Center, 117 East Central Street

Visit: morseinstitute.org

Friends and Neighbors,

The busy season is nearly upon us! As vacations come to an end and we all get back to the business of deciding how to spend our leisure time this fall I do hope you'll join us for one or more of the multitude of opportunities outlined in this edition of the Common Guide.

We're delighted to welcome both the Bacon Free and Morse Institute libraries to the Guide in our effort to offer you a comprehensive listing of activities across the Town of Natick.

Wishing you all a wonderful fall.

Regards,



Jemma Lambert, Director
Community Services Department

Citizens Leadership Academy

The 10 week program introducing citizens to the workings of their government continues to exceed expectations, according to participants. We are accepting applicants for the Fall 2016 Session and hope that you'll consider becoming a citizen leader and alum of this most valued initiative. For more information or an application please visit:

<http://www.natickma.gov/1001/Natick-Citizen-Leadership-Academy>

Facility Rentals at the Community Center

The Community Center offers space to rent in the evenings and on weekends for a fee.

Available spaces include:

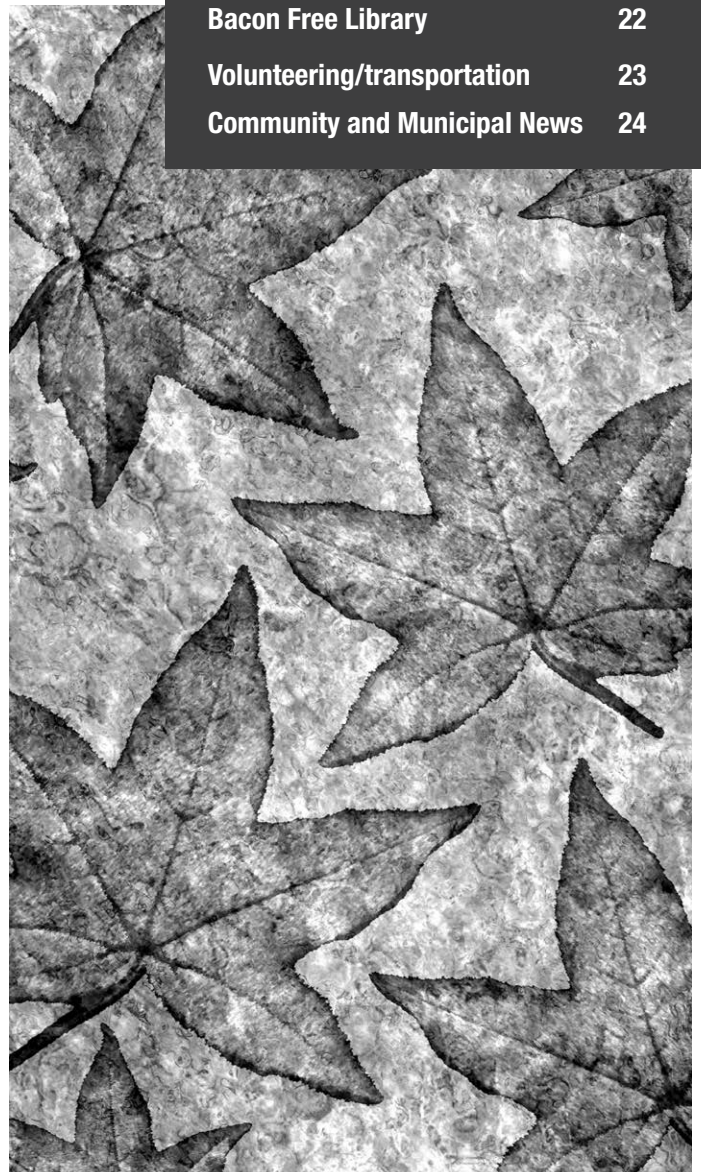
- Conference room(s)
- Small-medium sized meeting room(s) with or without technology
- Large meeting spaces for meetings or parties
- Commercial kitchen
- Full sized gymnasium

For more information or to complete an application please visit:

<http://www.natickma.gov/167/Community-Services>

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general information

The Community-Senior Center will be CLOSED to accommodate the general election on NOVEMBER 8TH, 2016. PLEASE MAKE NOTE!

New Peer Support Group: *Changing Hoarding Behaviors*

Do you avoid having people over because of the cluttered state of your home?

Do you have trouble getting rid of your stuff?

Do you buy more than you actually need?

Research shows that working through these issues in a structured group is one of the most effective ways to address hoarding behaviors.

WHEN: Thursday evenings from 6:00 – 8:00 pm, beginning September 15, 2016.

WHERE: Community Center, 117 East Central Street

COST: Free of Charge. (*Purchase of the book Buried in Treasures is required. Available on line new or used.*)

Pre-registration is preferred. Call 508. 647.6542 for more information or to register.



Lecture: Full House: A Hoarder's Journey

Where: Community Center, 117 East Central Street

When: Wednesday, September 7, 1:00 pm

Presenter: Lorraine Gilmore

Please join us for a revealing conversation with Lorraine Gilmore, who has the disorder known as compulsive hoarding. She will share her journey to downsize, her struggles along the way and which strategies helped her the most.

Pre-registration required.

Red Cross Blood Drive

Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need for all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC and setting up an appointment to donate at our next drive.



Mon Sept 12, Oct 17, Nov 14 2:00-7:00 pm

Community-Senior Center



Bagels with the BOS

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu Sept 22, Oct 27, Nov 17 9:00 am free

Community-Senior Center

Representative Linsky's Office Hours

Mon Sept 12, Oct 17, Nov 14 9:30 am

Community-Senior Center

Senator Ross' Office Hours

Tue October 18 11:00 am

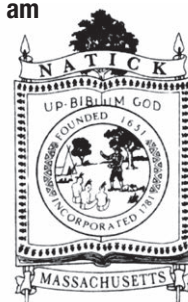
Community-Senior Center

Get to Know Your Town Government

A conversation with Sue Salamoff, Natick Board of Selectmen. Come with your questions!

Thu Sept 1, Oct 6, Nov 3 9:30 am

Community-Senior Center



weekend/evening adult classes

ATHLETIC STRETCHING

Instructor: Charlene Harper

What better way to gain improved flexibility than through an instructor led series of stretching routines? Gain the benefits of stretching such as improved mobility, better circulation, and reduced muscle tensions. Wear comfortable clothing and bring a water bottle to class.

Tuesdays Sep 20-Nov 8 6:30-7:30 pm 8 wks/ \$80

BOLLYWOOD DANCING: beginners – all ages

Instructor: Monisha Rajinikanth

Learn the fun and energetic style of modern Indian dance based on the classical dance and music tradition of Bollywood. Not for the faint of heart as we'll be moving around a lot. Wear comfy clothing, bring water, and be prepared to dance like a Bollywood star!

Tuesdays Sep 20-Nov 8 7:30-8:30 pm 8 wks/ \$80

CONVERSATIONAL ITALIAN: beginners

Instructor: Carla Peretto

What better way to get ready for a trip to Italy than by studying basic Italian? In this small group learn basic phrases, practice pronunciation, and have fun with flashcards in this class.

Mondays Sep 12-Oct 31 6:00-7:30 pm 8 wks/ \$120

TAP DANCING: beginners, intermediate, and advanced – all ages

Instructor: Serge Genesse

Find your rhythm and learn to dance to peppy numbers like TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, bring a bottle of water and towel, and be prepared to really dance like a star! Students must purchase tap shoes in advance.

Session I: Advanced

Tuesdays Sep 6-Nov 8 4:30-5:15 pm 10 wks/ \$100

Session II: Intermediate

Tuesdays Sep 6-Nov 8 5:30-6:15 pm 10 wks/ \$100

Session III: Beginner

Tuesdays Sep 6-Nov 8 6:30-7:15 pm 10 wks/ \$100

MINDFUL HATHA YOGA

Instructor: Ann Masse

Are you looking for the softer side of flow yoga? Join us for a gentler style that focuses on deep breathing and proper alignment while you move slower and more mindfully through your practice. This class allows you to become familiar with the asana (postures) and explore different breath techniques as you become more comfortable on your mat and with where you are in your own practice. All levels welcome.

MY01 Thursdays Sep 15-Nov 3 5:30-6:30 pm 8 wks/ \$80

MY02 Thursdays Nov 10-Dec 15 5:30-6:30 pm 6 wks/ \$60

SLOW FLOW YOGA

Instructor: Ann Masse

Step into a slower rhythm yoga practice with longer held poses to allow deeper focus on alignment, mindfulness, deep stretch and whole body strength. We will connect the flow of our breath to the flow of our bodies, cultivating strength, flexibility and balance and always ending with a satisfyingly sweet savasana. All levels welcome.

MY03 Thursdays Sep 15-Nov 3 6:45-7:45 pm 8 wks/ \$80

MY04 Thursdays Nov 10-Dec 15 6:45-7:45 pm 6 wks/ \$60

COMPUTER SKILLS

Instructor: Swati Dave for all classes below at the CSC

BECOMING SEARCH SAVVY:

USING THE WEB FOR ADVANCED SEARCHES

In today's world digital skills are essential in everyday life. These skills can help you do some quick shopping, book tickets, find local restaurants, search jobs, work on a research project, listen to your favorite songs, or just sit back watch a movie. In this class you will learn ways to search smartly and efficiently to get best results.

Mon Sep 12 6:00-7:30 pm \$15

HOW TO ACE A JOB INTERVIEW ON SKYPE?

Doing an important interview over Skype was once a novelty. These days, it's quickly becoming common practice. Join us for this class to understand the Skype etiquette and how to make the best impression over a Skype video call.

Mon Sep 19 6:00-7:30 pm \$15

SPICE UP YOUR PRESENTATIONS

Do you have an upcoming presentation to your team, or to your boss, or a sales pitch to your client? Come to this class to learn ways to spice up your PowerPoint presentation.

Mondays Sep 26-Oct 17 6:00-7:30 pm 3 wks/\$45
No class on Columbus Day 10/10

BLOG BASICS

Blogs have become a popular way for everyday people to share their opinions, experiences, passions, and more with the world. Are you interested in blogging? Learn all about blogs and how to start one of your own with this tutorial.

Mondays Oct 17-Nov 3 6:00-7:30 pm 3 wks/\$45

FUNDAMENTALS OF PROJECT MANAGEMENT

Using a holistic approach, the course introduces the participants to the five project management processes; Initiating, Planning, Executing, Monitoring & Controlling, and Closing. Understanding of these processes will help students gain better understanding of activities required for successful completion of a project. With a few simple tips, you'll learn how to use Microsoft Excel to turn your spreadsheets into customized project management templates to help you manage your projects.

Prerequisite: You should know the basics of Project Management and have a basic knowledge of MS Excel.

Mondays Sep 12-Nov 7 7:30-9:00 pm 8 wks/\$120
No class on Columbus Day 10/10

Programming with working adults in mind

pre-K programs



DANCE PARTY *NEW*(Ages 4–5+/Pre-K)

Instructor: Cindy Wright

Location: Cole Center

A basic ballet and jazz/hip-hop class with a different theme each class. Children will learn dance moves, make and/or use a prop and have costume pieces to wear as it becomes a dance party! Children should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (10 wks)

01 Wed Sep 28-Dec14 10:00-11:00 am \$110

No class on Oct 12, Nov 23

Register online at www.natickma.gov/recreation

DANCE/THEATER (Ages 4–5+/Pre-K)

Instructor: Cindy Wright

Location: Cole Center

This class will focus on basic ballet and children's jazz/hip-hop, and will introduce participants to acting and how acting, music and dance together create musical theater. Students should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (10 wks)

01 Wed Sep 28-Dec14 1:00-2:00 pm \$110

No class on Oct 12, Nov 23

Register online at www.natickma.gov/recreation

F.A.S.T • T-BALL (Ages 3–Pre K)

Instructor: F.A.S.T Athletics Coaching Staff

Location: Cole Center Field/Gym

All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities. (5 wks)

01 Tue Sept 20-Oct 18 3:00-4:00 pm \$66

Register online at www.natickma.gov/recreation

FUN WITH MESSY PLAY (Ages 1 & 2)

Instructor: Muriel Sypek

Location: Cole Center

PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles, feathers and more. (9 wks)

01 Wed Sep 28-Dec 7 10:45-11:30 am \$138

No class on Oct 12, Nov 23

Register online at www.natickma.gov/recreation

GYMNASTICS FOR ALL (Ages 3 – K)

Instructor: East Coast Mobile Gymnastics staff

Location: Cole Center

A great program that will enhance coordination through tumbling, uneven bars, balance beam and vault taught on kid-size equipment. (8 wks)

01 Tue Sep 20-Nov 15 12:15-1:00 pm \$130

No class on Nov 8

Register online at www.natickma.gov/recreation

INTRO TO DANCE (Ages 2.9–4)

Instructor: Cindy Wright

Location: Cole Center

Students will develop gross motor skills, coordination, group skills and self-confidence. Dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (10 wks)

01 Wed Sep 28-Dec14 12:00-12:45 pm \$100

No class on Oct 12, Nov 23

Register online at www.natickma.gov/recreation

JUMP, TUMBLE AND SING (Ages 2–4)

Instructor: Muriel Sypek

Location: Cole Center

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active. (9 wks)

01 Wed Sep 28-Dec7 9:30-10:15 am \$102

No class on Oct 12, Nov 23

Register online at www.natickma.gov/recreation

MIGHTY-MITE SPORTS (Ages 4–5)

Instructor: Recreation Staff

Location: Cole Center

A fun and active program where participants will take part in different sports/physical activities each week. We stress teamwork and sportsmanship as kids learn and develop their sports skills. (5 wks)

01 Fri Sep 23-Oct 21 4:15-4:45 pm \$50

02 Fri Sep 23-Oct 21 5:00-5:30 pm \$50

Register online at www.natickma.gov/recreation



MINI KICKERS (Ages 2–5)

Instructor: Challenger Sports

Location: Cole Center

Mini Kickers teaches basic soccer skills while developing strength, balance, coordination and teamwork. Participants receive a ball and a shirt. (5 wks)

01 Tue Sep 20-Oct 18 11:00am-12:00 pm \$75

02 Thu Sep 22-Oct 20 1:00-2:00 pm \$75

Register online at www.natickma.gov/recreation

pre-K programs

ON MY OWN PLAYGROUP (2-Pre-K)

Location: Cole Center

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: free play, physical play, art, circle time with music, stories and dance. **ATTENTION!!** Playgroup **WILL REGISTER AS A LOTTERY**. Registration forms and payment are due on Thursday, September 1 by 5pm. Confirmation calls will be made AFTER Sept 6.

Child must be the proper age on the first day of class.

Morning classes please bring a snack. Afternoon classes bring a lunch. **NO PEANUTS OR NUT PRODUCTS.**

For more information on the program, please read our Parents Manual online at www.natickma.gov/recreation

M1	2 – 3 YO	Mon	Sep 12-Dec 12	9:00-11:00 am	\$160 (12 wks)
T1	2 – 3 YO	Tue	Sep 13-Dec 13	9:00-11:00 am	\$170 (13 wks)
T2	3 – 4 YO	Tue	Sep 13-Dec 13	11:30am-2:00 pm	\$185 (13 wks)
W1	2 – 3 YO	Wed	Sep 14-Dec 14	9:00-11:00 am	\$160 (12 wks)
W2	3 – 4 YO	Wed	Sep 14-Dec 14	11:30am-2:00 pm	\$173 (12 wks)
Th1	2 – 3 YO	Thu	Sep 15-Dec 15	9:00-11:00 am	\$170 (13 wks)
Th2	3 – 4 YO	Thu	Sep 15-Dec 15	11:30am-2:00 pm	\$185 (13 wks)
F1	2 – 3 YO	Fri	Sep 16-Dec 16	9:00-11:00 am	\$170 (13 wks)

***NEW THIS YEAR. Wednesdays, 3 YO can stay from 9:00am – 2:00pm. Additional \$75 charge for coverage from 11-11:30am

No class 10/3, 10/10, 10/12, 11/8, 11/11, 11/23-25

Register in person at the Cole Center for lottery by Sept 1.



PEBBLE MATH (Ages 3-Pre K)

Instructor: Swati Dave

Location: Cole Center

“Pebble Math” Every number in the world has an incredibly important characteristic. It is either odd or even. Odd and even numbers behave in very different and unique ways. This insight is the core philosophy of Pebble Math. Pebble Math uses pebbles in conjunction with movement, music, story, and art to help kids understand numbers and discover the patterns that make math simple and beautiful. Parent Participation required. (10 wks)

01	Thu	Sep 22-Dec 1	2:15-3:15 pm	\$160
No Class Nov 24				

Register online at www.natickma.gov/recreation

SOCCER JUNIORS (Ages 3–6)

Instructor: Global Premier Soccer

Location: Cole South Field

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. GPS has been very involved with the Natick Soccer Club over the last few years. The juniors program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3-6 yr olds. Coach ratio is one Coach to 10 players. (7 weeks)

01	Mon	Sep 19-Nov 14	3:30-4:30 pm	\$98
02	Mon	Sep 19-Nov 14	4:30-5:30 pm	\$98

No class Oct 3, Oct 10

Register online at www.natickma.gov/recreation

THUNDERCATS MINI SPORTS (Ages 4–Pre-K)

Instructor: Thundercats Coaching Staff

Location: Cole Center

A fun program that will have participants playing soccer, basketball, Softie® hockey and other unique games like ‘Sponge Bob’ tag and ‘Finding Nemo’. Emphasis will be on teamwork, hand-eye coordination and fun. (5 wks)

01	Thu	Sep 29-Oct 27	2:45-3:30 pm	\$65
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Register online at www.natickma.gov/recreation

BIRTHDAY PARTIES AT THE COLE CENTER

- Want to host your party with us?
- Up to 2 hours of party time in our Game Room (Air Hockey, Foos Ball, Ping Pong, TV etc.)
- Up to 1 hour available GYM time (sports, tumbling, bounce house & game equipment included).
- Supervised by 2 recreation staff

Days/Times: Sundays ONLY 12:30-2:30 pm OR 3:30-5:30 pm.

Fee: \$175 for the 2 hours

You supply your own paper goods, cake and refreshments. Rental is space and equipment only.

NOW RESERVE YOUR PARTY ONLINE!

Register online at www.natickma.gov/recreation



youth
programs

SPECIAL EVENTS

**"SPOOKTACULAR" • (HALLOWEEN PARTY)****AGES 3 – K****Saturday, October 29****Starts at 12:00 pm****Natick Common**

The 18th annual town-wide Halloween Party will take place on the Common. If you're interested in volunteering or making a donation to help out the event, contact Aaron Friedman at 508-647-6530. Look for details on our website, your child's virtual backpack, libraries and in the local papers.

NATICK DAYS**Saturday, September 10 • 10:00am – 3:00 pm****Rain Date: Sunday September 11 • 1:00 pm start**

Join in on Natick's own all day community celebration, held in downtown Natick. Details of events coming soon in newspapers and the schools virtual back pack.

PUBLIC SWIMMING FOR NATICK RESIDENTS**Location: Keefe Tech Pool, 750 Winter Street, Framingham**

Natick Recreation and Parks Department in conjunction with the Framingham Parks and Recreation is pleased to provide public swimming at Keefe Technical School Pool on weekends starting September 24. Pool availability may change as the season progresses. Youth 12 yrs and under must be accompanied by an adult. For more information and specific dates the pool is available or closed, please call the Framingham Rec. Dept., 508-532-5960.

SNR	Sat	TBA	2:00-3:00 pm	FREE
ALL	Sat	TBA	3:00-4:30 pm	\$2/child, \$4/adult
ALL	Sun	TBA	2:00-3:00 pm	\$2/child, \$4/adult

ARCHERY (Grades 4 & Up)**Instructor: On the Mark Archery Staff****Location: East School, 90 Oak Street, Natick**

Participants will learn the fundamentals of traditional recurve archery as seen on the Olympics. Instructors will teach students the shot process and put you on the pathway to success. Skills include safety, skill technique, range procedures and scoring. Classes are taught by two USA Archery and NFFA certified instructors. On the Mark Archery will provide all equipment. (4 wks)

01	Mon	Sep 19-Oct 24	5:30-6:30 pm	\$98
02	Mon	Sep 19-Oct 24	6:30-7:30 pm	\$98

*No class Oct 3, Oct 10*Register online at www.natickma.gov/recreation**ART • START WITH ART (Grades K-2)****Instructor: Christine Van****Location: Cole Center**

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (5 wks/session)

01	Thu	Sep 29-Oct 27	4:00-5:00 pm	\$145
02	Thu	Nov 13-Dec 8	4:00-5:00 pm	\$145

*No class Nov 24*Register online at www.natickma.gov/recreation**ART • START WITH ART (Grades 3-5)****Instructor: Christine Van****Location: Cole Center**

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (5 wks/session)

01	Mon	Sep 26-Nov 7	4:00-5:00 pm	\$145
02	Mon	Nov 14-Dec 12	4:00-5:00 pm	\$145

*No class Oct 3, Oct 10*Register online at www.natickma.gov/recreation**BLAST BABY SITTING (Grades 6-9)****Instructor: Juanita Allen, EMT and CPR & First Aid Instructor****Location: Community-Senior Center, 117 East Central Street****Babysitter Lessons And Safety Training**

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist to copy for each job. Participants should bring a light snack and drink.

01	Wed	Oct 12	3:00-6:00 pm	\$43
02	Tues	Nov 8	12:00-3:00 pm	\$43

Register online at www.natickma.gov/recreation**BRICKS 4 KIDZ: Plastic Bricks and Motor Engineering (Ages 6-10)****Instructor: Bricks 4 Kidz Staff****Location: Cole Center**

Bricks 4 Kidz "Construction Craze" Themed S.T.E.M session offers a hands-on experience where your child will build a power drill, dump truck hand saw, crane and more using LEGO components, motors and battery packs. They will learn about simple machines, the history of tools in addition to modern developments that have been made in tools. Each child builds with a partner. New models are offered each week and each session to explore the principles of engineering, architecture, physics and more first hand. Our motto is "We learn, We build and We play with LEGO bricks. (6 wks)

01	Tue	Sep 27-Nov 1	4:00-5:00 pm	\$100
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Register online at www.natickma.gov/recreation

DO YOU BELIEVE IN MAGIC (Ages 8-12)

Instructor: Joe Carota

Location: Cole Center

Learn the "art" of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick. Joe will have new tricks to learn this time around to expand your knowledge and impress others with. (5wks)

01	Fri	Oct 7-Nov 4	3:45-5:00 pm	\$110
Register online at www.natickma.gov/recreation				



DROP AND SHOP (Grades K-4)

Location: Cole Center

fun day of playing Air Hockey, Ping-Pong, Foosball, Making Art Projects, Playing Gym games and much more. A snack and drink will be provided as well as a Pizza Lunch.

01	Fri	Nov 25	9:00am-3:00 pm	\$30*
*20 second child, *15 third child				
Register online at www.natickma.gov/recreation				

ECO ENGINEERS (Grades 1-3) **NEW**

Instructor: Wicked Cool For Kids

Location: Cole Center

Reduce, reuse, and recycle to create, design, and build fun new gadgets and gizmos! We'll integrate some "green" into our engineering challenges by repurposing objects to build wind powered cars and an Xmas light quiz board. Design eco-friendly experiments to test solar power, water quality, and see what's in your food. Going green is wicked cool! (6wks)

01	Tue	Nov 8-Dec 13	4:00-5:00 pm	\$112
Register online at www.natickma.gov/recreation				

FANTASTIC FRIDAYS (5 & 6 Grade)

Instructor: Recreation Staff

Location: Cole Center

Fantastic Fridays includes a DJ, game tables, freeze dance and other games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the electronic scrolling boards at each Middle School.

01	Fri	Sep 16	7:00-9:00 pm	6 Grade
02	Fri	Oct 7	7:00-9:00 pm	5 Grade
03	Fri	Oct 21	7:00-9:00 pm	5 & 6 Grade
04	Fri	Nov 4	7:00-9:00 pm	5 & 6 Grade
05	Fri	Nov 18	7:00-9:00 pm	5 & 6 Grade
06	Fri	Dec 2	7:00-9:00 pm	5 & 6 Grade
07	Fri	Dec 16	7:00-9:00 pm	5 & 6 Grade

No pre-registration necessary. Please pay \$5 at the door.

F.A.S.T FLAG FOOTBALL (GRADES 2-4)

Instructor: F.A.S.T Athletics Staff

Location: Cole Center Field

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone Defense, fourth and inches and the QB Challenge. The F.A.S.T. Coaches will have tons of plays ready to go for their teams! (5 wks)

01	Tue	Sep 20-Oct 18	4:00-5:00 pm	\$76
Register online at www.natickma.gov/recreation				

HOME ALONE SAFETY (Grades 3-4)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Community-Senior Center, 117 East Central Street

Girls and boys learn telephone and door answering techniques, internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

01	Wed	Oct 12	1:00-3:00 pm	\$38
02	Tues	Nov 8	10:00 am-12:00 pm	\$38
Register online at www.natickma.gov/recreation				

INTRO TO MUSICAL THEATER (Grades 2-4)

Instructor: Cindy Wright

Location: Cole Center

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance to be held on Dec 16. **NOTE:** Class on Nov 4 will be from 3:30-5:00pm. Performance on Dec 16 will begin at 5:00pm. (11 wks)

01	Fri	Sep 23-Dec 16	4:30-6:00 pm	\$120
Register online at www.natickma.gov/recreation				

MIDDLE SCHOOL EARLY RELEASE TO ROLLER KINGDOM (G 5-8)

Instructor: Recreation Staff

Join the Recreation and Parks department as we adventure off to Roller Kingdom for an afternoon of Skating/Blading, Games, food and fun. Trip includes Rental, Slice of Pizza and a Soda, Chaperones and Transportation from Kennedy or Wilson Middle school. Return bus drop-off will be at the Cole Center at 4:30 pm.

01	Tue	Oct 18	11:30am-4:30 pm	\$42
Register online at www.natickma.gov/recreation				

MAGIC SQUARES Math *NEW*(Grades 3-8)

Instructor: Swati Dave

Location: TBD

Magic Squares are similar to the popularly known Sudoku; an excellent way for kids to experience the joy of math while building both their math and critical thinking skills. (5wks)

01	Thu	Oct 27-Dec 1	3:30-4:30 pm	\$85
No class Nov 24				

Register online at www.natickma.gov/recreation

youth
programs**NATICK DRAMA WORKSHOP (Grades 5-8)**

Staff: Cindy Wright – Director, Lisa Cigna – Choreographer,
Chris Letizia – Music Director, Deb Finkelstein – Stage Manager

Location: Rehearsals at Cole Center

Location: Shows at Kennedy Middle School

This program gives children an opportunity to experience and explore theater arts through their participation in a full-length musical production. There will be a mandatory meeting of all parents/guardians at 9:00 am on Saturday September 10 for an overview of our program and to sign up for various volunteer jobs that need to be done. At least one parent or legal guardian must accompany child to audition. Times below are subject to change. Please note below that there may be a special Sunday night rehearsal due to the short schedule (day may be changed). (\$100)

AUDITION	Sat Sep 10	9:00 am-12:30 pm
PARENTS	Sat Sep 10 9:00 am	Mandatory Parent Meeting
REHEARSALS	Sat Sep 17-Oct 29	9:00 am-12:30 pm
EXTRA REHEARSAL	Sun Sep 18	6:00-8:30 pm
TECH	Sun Oct 30	12:00-5:00 pm Tech Rehearsal
TECH WEEK	Mon-Thu Oct 31-Nov 3	5:00-9:00 pm Tech Rehearsals
SHOW	Fri-Sun Nov 4, 5, 6	Times vary, TBA

Register online at www.natickma.gov/recreation

Parents Night Out (K-4th Grade)

Instructor: Recreation Staff

Location: Cole Center

Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA certified staff. Cheese pizza, a small snack and juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancellations of reservations must be received at the Recreation Department office by noon the Friday before the event. Multi-child discount: \$6 off for 2nd child, \$12 off for 3rd + child(ren) PER INDIVIDUAL NIGHT REGISTRATION.

01	Sat	Sep 24	5:00-9:00 pm	\$18
02	Sat	Oct 8	5:00-9:00 pm	\$18
03	Sat	Oct 22	5:00-9:00 pm	\$18
04	Sat	Nov 12	5:00-9:00 pm	\$18
05	Sat	Dec 10	5:00-9:00 pm	\$18

Register online at www.natickma.gov/recreation.

Walk-in registration night of event available only if space is available.

PLAY TENNIS AMERICA (Grades 3-7)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players.

(\$100, Session 01 and 02, 6 wks • \$85 Session 03 and 04, 5 wks)

01	Sun	Sep 18-Nov 6	5:00-6:00 pm	Grades 3 & 4
02	Sun	Sep 18-Nov 6	6:00-7:00 pm	Grades 5-7
03	Sun	Nov 13-Dec 18	5:00-6:00 pm	Grades 3 & 4
04	Sun	Nov 13-Dec 18	6:00-7:00 pm	Grades 5-7

No class Oct 2, Oct 9, Nov 27

Register online at www.natickma.gov/recreation

ROBOTICS • “JUNGLE ROBOT” (Ages 8 & Up)

Instructor: Ed Harrow

Location: Cole Center

Participants will combine learning and fun while building a sound-activated “Jungle Robot.” Program provides a great introduction to the understanding of geared mechanisms, learning the basics of circuits and electronic components while you work with gears, wheels, levers, motors and sensors. No prior knowledge is needed. (5 wks)

01	Mon	Sep 19-Oct 31	3:30-5:00 pm	\$165
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No class Oct 3, Oct 10

Register online at www.natickma.gov/recreation

SAY NO TO CALCULATORS *NEW* (Grades 3-8)

Instructor: Swati Dave

Location: TBD

Learn to do real math calculations mentally without the need for a calculator. Calculation techniques include time, tips for restaurants, giving correct change, conversions and more. (5 wks)

01	Thu	Sep 22-Oct 20	3:30-4:30 pm	\$85
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Register online at www.natickma.gov/recreation

SOCIAL SKLZ *NEW*(Ages 8-12)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Cole Center

In today's fast-paced world, the ways in which we interact are constantly evolving. While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. socialsklz:-) equips children and with the vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. The skills mastered are not only empowering, but build confidence and self-esteem, paving the way to a more fruitful life.

Essential tweenz: In this two hour workshop, tweenz ages 8 to 12 learn social and communication skills in-person and on the phone. Tweenz will gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event.

01	Mon	Nov 17	3:30-5:30 pm	\$75
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Register online at www.natickma.gov/recreation

**SPEED AND ENDURANCE (Ages 7-12)**

Instructor: Kathy Fleming

Location: Community Senior Center, 117 E. Central Street

Speed and endurance are two essential qualities that kids need to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Bring your running shoes and a water bottle. (5 wks, \$66)

01	Thu	Sep 22-Oct 20	4:00-4:45 pm	Ages 7-9
02	Thu	Sep 22-Oct 20	4:45-5:30 pm	Ages 9-12

Register online at www.natickma.gov/recreation

youth programs

SPORT OF RUNNING *NEW* (Ages 12–18)

Instructor: Kathy Fleming

Location: J. J. Lane Park, Speen Street (next to National Guard facility)

Improve your mile time. Training for the mile requires 50% speed and 50% endurance training. Participants will do appropriate workouts each week to accomplish goal. Runners will become faster in the mile and faster in the sprints with more endurance by doing the 50/50 training method. (5 wks)

01 Tue Sep 20-Oct 18 4:45-5:30 pm \$75

Register online at www.natickma.gov/recreation



STEM IS FUN FOR KIDS (GRADES K-2)

Instructor: STEM Instructors

Location: Cole Center

Through hands-on activities and STEM, (Science, Technology, Engineering and Math) challenges, children will think, construct, experiment, discover and develop the desire to learn more. Every class we will learn something new and experience a different kind of fun. All instructors are certified teachers and/or have STEM degrees or backgrounds. (6 wks)

01 Thu Oct 6-Nov 10 3:30-4:30 pm \$95

Register online at www.natickma.gov/recreation

STORYBOOK THEATRE (Grades K-1)

Instructor: Cindy Wright

Location: Cole Center

An introduction to theater: By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class. (6 wks)

01 Fri Sep 23-Oct 28 3:30-4:30 pm \$80

Register online at www.natickma.gov/recreation

TERRIERS DODGEBALL (Grades 2-4)

Instructor: Terriers Dodgeball Staff

Location: Cole Center

Kids love the fast paced action, throwing, catching and of course dodging balls in this great game. Participants will be placed on teams and provided with cool Dodgeball team shirts. Terriers also mix high-energy "arena" music into their sessions, creating an environment that kids love! Cushioned foam balls are used for safety. (5wks)

01 Wed Nov 2-Dec 7 4:30-5:30 pm \$125

No class Nov 23

Register online at www.natickma.gov/recreation

TERRIERS NFL FLAG FOOTBALL *NEW* (Grades 5-8)

Instructor: Terriers Dodgeball Staff

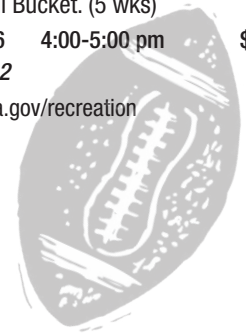
Location: Cole Center

Kids love the fast paced action flag football offers and get a great overall workout, while flags and "no tackling/contact" rules help keep them safe. At the conclusion of the program teams will also enjoy a tournament for the NFL Flag Football Bucket. (5 wks)

01 Wed Sept 21-Oct 26 4:00-5:00 pm \$145

No class Oct 12

Register online at www.natickma.gov/recreation



THUNDERCATS BASKETBALL (GRADES 2 & 3)

Instructor: Thundercats Coaching Staff

Location: Cole Center

Participants will learn the fundamental skills of basketball through unique drills, games, trivia and more. Basic skills of dribbling, passing, shooting and defense will be emphasized. Program is co-ed. Please wear sneakers and bring a water bottle. (5 wks)

01 Mon Nov 7-Dec 5 3:30-4:30 pm \$75

Register online at www.natickma.gov/recreation

THUNDERCATS SPORTS JAM (Grades K-1)

Instructor: Thundercats Coaching Staff

Location: Cole Center

Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. Program is co-ed and everyone should wear comfortable clothes, sneakers and bring a water bottle. (5 wks)

01 Thu Sep 29-Oct 27 3:30-4:30 pm \$75

Register online at www.natickma.gov/recreation

THUNDERCATS SPORTS COMBO, DODGEBALL/FLAG FOOTBALL (GRADES 2 & 3)

Instructor: Thundercats Coaching Staff

Location: Cole Center

Co-ed program consisting of a variety of different dodge ball related games; Doctor, bombardment, jailbreak and more! Gator Skin balls will be used. Other games will be mixed in to create a fun and exciting afternoon (5 wks)

01 Thu Sep 29-Oct 27 4:30-5:30 pm \$75

Register online at www.natickma.gov/recreation

NEW WINTER YOUTH BASKETBALL *NEW*(Grade 2)

We at the Natick Recreation and Parks are looking at trying a grade 2 co-ed basketball program in the winter of 2016-2017. Please look to our winter Common Guide for more information and registration details.

youth programs

WINTER YOUTH BASKETBALL (Grades 3–8)

Grade 3–8 teams practice once a week, Monday-Thursday. Teams play a nine game schedule mainly on Saturdays between 9:00 am and 3:30 pm. There will be a special practice/evaluation for 7th graders on a Sunday afternoon, date TBA.

Divisions: 01 Grade 3 & 4 girls, 02 Grade 3 boys, 03 Grade 4 boys, 04 Grade 5 & 6 girls, 05 Grade 5 & 6 boys,

06 Grade 7 & 8 girls, 07 Grade 7 & 8 boys

FEE: Grades 3–6, \$95 • Grades 7 & 8, \$105 **

**** Please note:** Due to past scheduling conflicts, Grade 7 & 8 Travel Basketball Players will not be allowed to register for the Winter Youth Recreation basketball program.

Register online at www.natickma.gov/recreation



ATTENTION: COACHES NEEDED

The Recreation Department would like to thank last year's Volunteer Coaches who made the program a great success. If anyone is interested in Coaching, please contact the

main office at 508-647-6530 and provide name, address, email and best phone number or you can email Dan Keefe at dkeefe@natickma.org with the same information. We will either mail or email a Coaches packet to you.

WRESTLING (Grades 1-5)

Location: Natick High School

Program stresses fundamentals of wrestling in a structured and safe format regardless of size or weight. Included is also the possibility for some fun Saturday matches/jamborees. Mandatory parent orientation on Mon Nov 28, 6:00-6:45 pm, at Natick High, at least one parent or legal guardian must attend this meeting. New Wrestler: \$120, Returning Wrestler: \$90, please be sure to specify uniform size. New wrestler package includes; compression t-shirt, shorts, head gear and a cinch bag. Returning wrestler package includes compression t-shirt and shorts.

01	Mon	Dec 5-Feb 6	6:30-7:30 pm	Gr 1 & 2
02	Mon & Thu	Dec 1-Feb 9	6:30-7:30 pm	Gr 3-5

No class Dec 26, 29, Jan 2, Jan 16

Register online at www.natickma.gov/recreation

adult programs

ARCHERY (Ages 15 and Up)

Instructor: On the Mark Archery Staff

Location: East School, 90 Oak Street, Natick

Whether you have never held a bow or you are an experienced archer, you will find success in this all-inclusive sport. Relax, have fun and come join this addicting class. All equipment is provided. All enrolled students are eligible to compete in the annual On the Mark Archery tournament this October. (4 wks)

01	Mon	Sep 19-Oct 24	7:30-8:30 pm	\$98
<i>No class Oct 3, Oct 10</i>				

Register online at www.natickma.gov/recreation

CO-ED ULTIMATE FRISBEE (Adults-High School Graduate or older)

Location: Kennedy Middle School Field

We play pick-up style games on Saturday afternoons. It is all about the fun and the exercise. (7 wks) \$20/resident, \$40/nonresident

01	Sat	Sep 17-Nov 5	4:00-6:00 pm	
<i>No class Oct 8</i>				

Register online at www.natickma.gov/recreation.

CO-ED VOLLEYBALL (Ages High School Graduate and Older)

Location: Community Senior Center

Players must be out of high school. Participants will play pick-up volleyball with the teams different each week. (12 wks).

01	Wed	Sep 14-Dec 21	6:30-8:30pm	\$50
<i>No class Oct 12, Nov 2, Dec 14</i>				

Register online at www.natickma.gov/recreation

DANCE EXERCISE (Adults)

Instructor: Judy Forman and Helen Thomas

Location: Cole Center Gym

Come and join the fun, great music and dances choreographed for everyone. Develop strength and balance while experiencing fun and fitness together! (13 wks) \$150/2 nights, \$95/1 night

01	Tue & Thu	Sep 13-Dec 15	6:15-7:15pm	
<i>No class Oct 11, Nov 8, Nov 24</i>				

Register online at www.natickma.gov/recreation

FIRST AID AND CPR CERTIFICATION (18+ YEARS OLD)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Community-Senior Center, 117 East Central Street

This American Heart Association course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

01	Wed	Oct 12	6:00-8:30 pm	\$68
02	Tues	Nov 17	6:00-8:30 pm	\$68

Register online at www.natickma.gov/recreation

adult programs

LOOKOUT FARM CIDER BREWERY TOUR *NEW* (21+ ONLY)

Location: Lookout Farm Tap Room (89 Pleasant St, South Natick)

Come Tour the Cidery at Lookout Farm Hard Cider, see the apple storage, hear about our farm and the hard cider making process, and unwind at the rustic chic Lookout Taproom. Includes the tour, flight of cider (4 different kinds) and a branded pint glass to take home. Must be 21 years of age and be able to show valid ID at time of Tour.

01	Fri	Nov 4	6:30 pm	\$15
02	Sun	Nov 13	6:30 pm	\$15

Register online at www.natickma.gov/recreation

MEN'S OVER 50 BASKETBALL (Adults, Ages 50 & Up)

Location: Community Senior Center Gym

Pick-up game format will be used, pre-registration is a must. (13 wks)

01	Tue	Sep 20-Dec 20	7:00-8:30 pm	\$49
<i>No class Nov 8</i>				

Register online at www.natickma.gov/recreation

MEN'S OVER 30 BASKETBALL (Adults, Ages 30 & Up)

Location: Kennedy Middle School Gym

Pick-up game format will be used, pre-registration is a must. (14 wks)

01	Tue	Sep 20-Dec 20	7:00-8:00 pm	\$52
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Location: Community Senior Center Gym (12 wks)

02	Thu	Sep 22-Dec 22	7:00-8:00 pm	\$46
<i>No class Nov 24, Dec 15</i>				

Register online at www.natickma.gov/recreation

PLAY TENNIS AMERICA (Adults)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players.

01	Sun	Sep 18-Nov 6	7:00-8:00 pm	\$100
02	Sun	Nov 13-Dec 18	7:00-8:00 pm	\$85
<i>No class Oct 2, Oct 9, Nov 27</i>				

Register online at www.natickma.gov/recreation

PLAY TENNIS AMERICA SENIORS *NEW* (Ages 60 & Up)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (4 wks)

01	Mon	Oct 17-Nov 7	2:00-3:00 pm	\$70
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Register online at www.natickma.gov/recreation

TAI CHI • BEGINNING & ADVANCED (Adults)

Instructor: Jon Woodward, Certified Tai Chi Instructor

Location: Cole Center Gym

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements-connecting the mind and body! For more detailed information on the class or Instructor, go to www.metrowesttaichi.com/natick (10 wks)

DEMO NIGHT	Mon	Sep 19	7:00-8:00 pm	Free
Beg	Mon	Sep 26-Dec 5	6:30-7:30 pm	\$85
Adv	Mon	Sep 26-Dec 5	7:45-8:45 pm	\$85
<i>No class Oct 3</i>				

Register online at www.natickma.gov/recreation

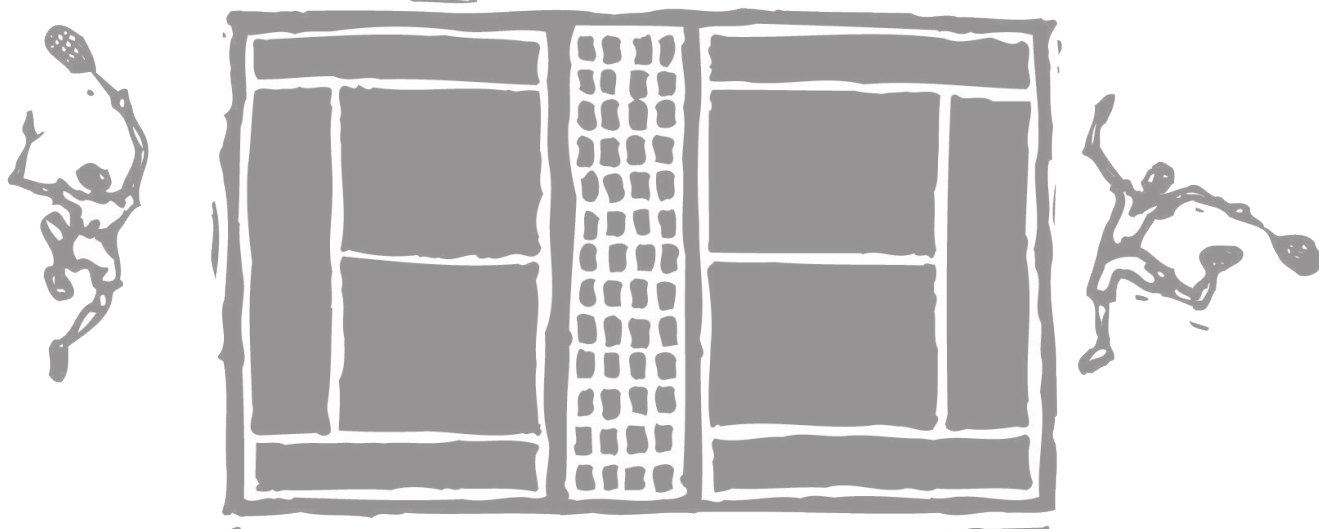
WOMEN'S OPEN GYM BASKETBALL (Adults – High School Graduate or older)

Location: Kennedy Middle School Gym

Pick-up game format will be used, pre-registration is a must. (8 wks)

01	Wed	Sep 21-Nov 16	7:00-8:30 pm	\$34
<i>No class Oct 12</i>				

Register online at www.natickma.gov/recreation



skyline

adaptive programs

Serving the Natick Community and surrounding towns with adaptive and inclusive programs for individuals with special needs.

SPECTACULAR SATURDAY'S (Teens and Adults)

Location: Various locations

This 9 week program is an all day event that Skyline has been hosting for many years. You can pick one program or all day. You may only choose one program from each time slot and choices are for all 9 weeks.

Sat Sep 24-Dec 10

No class October 8, Oct 29, Nov 26

Register online at www.natickma.gov/recreation

COSMIC BOWLING (Teens and Adults)

Location: Ryan's Family Amusements
1170 Main Street, Millis

Start your day off right with the whole gang by striking down the pins in Millis.

01 Sat Sep 24-Dec 10 9:15-10:45 am \$88

No class October 8, Oct 29, Nov 26

Register online at www.natickma.gov/recreation



ZUMBA WITH JAYNE (Teens and Adults)

Instructor: Jayne Carney

Location: Cole Center

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

2A Sat Sep 24-Dec 10 11:30 am-12:30 pm \$87

(No class October 8, Oct 29, Nov 26)

Register online at www.natickma.gov/recreation

MARTIAL ARTS (Teens and Adults)

Instructor: Villari's Instructor

Location: Villari's Martial Arts, 148 East Central Street, #4B

Learn the principles of self-defense through breathing, movement and practice.

2B Sat Sep 24-Dec 10 11:30 am-12:30 pm \$87

No class October 8, Oct 29, Nov 26

Register online at www.natickma.gov/recreation

FUN WITH ART (Teens and Adults)

Location: Cole Center

Use your imagination and explore many ways to have fun with art.

2C Sat Sep 24-Dec 10 11:30 am-12:30 pm \$88

4A Sat Sep 24-Dec 10 2:00-3:00 pm \$88

No class October 8, Oct 29, Nov 26

Register online at www.natickma.gov/recreation

SATURDAY'S LUNCH BUNCH (Teens and Adults)

Location: Various locations

Join us for lunch as we visit local lunch spots to fuel up before our afternoon programs.

03 Sat Sep 24-Dec 10 12:30-1:45 pm At least \$10/wk

No class October 8, Oct 29, Nov 26

Register online at www.natickma.gov/recreation

DANCE (Teens and Adults)

Instructor: Nancy Kelley

Location: Nancy Kelley Dance Studio, 7 Pond St, Natick

Come join in on the fun and learn popular dance moves to catchy songs. (Transportation to the Cole Center after class)

4B Sat Sep 24-Dec 10 2:15-3:00 pm \$87

No class October 8, Oct 29, Nov 26

Register online at www.natickma.gov/recreation



SPECTACULAR SATURDAY'S TRANSPORTATION (Teens and Adults)

Location: Various locations

Transportation is provided for all Spectacular Saturday activities. Starting from the Cole Center at 8:45am to bowling, then to zumba/martial arts/art, continuing to lunch, and either art or dance. The bus will return to the Cole Center after dance.

5 Sat Sep 24-Dec 10 \$38

No class October 8, Oct 29, Nov 26

Register online at www.natickma.gov/recreation

COFFEE HOUSE (All Ages)

Location: Cole Center

Belt out your favorite song with Karaoke man Dennis Porter and friends. Pizza, drinks, and dessert/fruit will be available throughout the night.

01 Fri Oct 14 6:30-9:30 pm \$20

02 Fri Dec 9 6:30-9:30 pm \$20

Register online at www.natickma.gov/recreation

skyline

adaptive programs

DINNER, MOVIE AND GAMES (Teens and Adults)

Location: Cole Center

Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

01	Fri	Sep 23	5:30-9:00 pm	\$20
02	Fri	Nov 11	5:30-9:00 pm	\$20
03	Fri	Dec 23	5:30-9:00 pm	\$20

Register online at www.natickma.gov/recreation

EDAVILLE RAIL ROAD (Teens and Adults)

Location: Meet at the Cole Center

Join us as we get geared up for winter and board the real life Polar Express. We will get to ride the train and hear the story. We might even get a visit from the big guy himself, as long as he isn't too busy checking the naughty list! You will stop for dinner on the way home.

01	Sun	Dec 18	12:00-6:00 pm	\$85
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Register online at www.natickma.gov/recreation

HOLIDAY LIGHTING (Teens and Adults)

Location: Cole Center

Get excited to see some awesome holiday lights in Natick and surrounding towns and also go out to dinner.

01	Sat	Dec 3	5:30-10:30 pm	\$48
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Register online at www.natickma.gov/recreation

PATH'S HALLOWEEN DANCE

EXTRAVAGANZA (All Ages)

Location: Cole Center

Dress up and head out of the house for our Halloween Dance put on by PATH.

01	Fri	Oct 28	6:30-9:00 pm	\$10
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Register online at www.natickma.gov/recreation

PUMPKIN PICKING AND PAINTING (Teens and Adults)

Location: Meet at the Cole Center

Join us on this adventure to pick our own pumpkins to bring back to the Cole Center and decorate!

01	Sun	Oct 16	12:00-6:00 pm	\$82
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Register online at www.natickma.gov/recreation

SLED HOCKEY (All Ages)

Location: William L Chase Arena

Come have fun learning about and getting to know the ins and outs of Sled Hockey. This brand new program is put together by the MetroWest Adapted Recreational Collaborative and they want many ages and abilities to experience the ice in this fun way. (6 wks)

01	Thu	Oct 13-Nov 17	2:45-3:45 pm	\$TBD
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Register online at www.natickma.gov/recreation

STRETCH WHAT MATTERS YOGA (13 AND UP)

Instructor: Stretch What Matters Instructor

Location: Roots & Wings, 317 North Main Street, Natick

This class is for all abilities. Yoga is the perfect way to end a Tuesday night. Students who benefit from additional support are welcomed to participate with no extra cost. (7 wks/session)

01	Tue	Sep 6-Oct 25	4:45-5:45 pm	\$150
02	Tue	Nov 1-Dec 13	4:45-5:45 pm	\$150

No class Oct 4

Register online at www.natickma.gov/recreation

TICKET TO ADVENTURE (Teens and Adults)

Location: Meet at the Cole Center

Enjoy 6 Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends. \$260

01	Sat	9/17, 10/1, 10/15, 10/29, 11/5, 11/19	5:30-10:30 pm	
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Register online at www.natickma.gov/recreation



WEEKEND WARRIERS *NEW* (Teens and Adults)

Location: Cole Center

It's easy to get off the couch on Friday nights with these fun activities. Enjoy Friday nights out with different events in the surrounding towns. Time is subject to change. You will be notified prior to the date with any changes. Sep 30: Mini Golf and ice cream, Oct 21: Rock off Main Street at TCAN, Nov 4: Natick Drama Workshop play and tour, Dec 2 Movie/Show depending on Movie times and the High School Show schedule, and Dec 16 a walk around Fatima Shrine then pizza at Cole.

01	Fri	Sep 30	6:30-9:30 pm	\$25
02	Fri	Oct 21	7:00-10:00 pm	\$25
03	Fri	Nov 4	6:00-9:30 pm	\$25
04	Fri	Dec 2	TBD	\$25
05	Fri	Dec 16	6:30-9:30 pm	\$25
06	Fri	ALL DATES	Various times	\$115

Register online at www.natickma.gov/recreation

adult daytime at the CSC

AUTHOR TALK by Alison O'Leary, *So Close to Home: A True Story of an American Family's Fight for Survival During World War II*
by Michael J. Tougas and Alison O'Leary.

Location: Community-Senior Center

O'Leary is a former Natick resident and was Natick Bulletin editor and Boston Globe West correspondent for Natick for several years. Books will be available for purchase.

Thu Oct 6 2:00 pm free

BASIC ESTATE PLANNING

Location: Community-Senior Center

Elder Law Attorney Tim Loff will cover such topics as: Wills, Trusts, Health Care Proxies, Power of Attorney, Living Wills, Medical Privacy Forms, Burial Directives. Tim will have hand-outs and Q & A after the presentation.

Mon Oct 24 1:30 pm free

BOOKGROUP AT CSC- "THE WITCHES" BY STACY SCHIFF

Location: Community-Senior Center

Join us in this discussion of "The Witches" a psychological thriller of the panic created from the Salem Witch Trials dividing the community, looking at who was responsible and what happened in the aftermath. All are welcome to join whether you have a chance to read the book or not! RSVP requested. Copies of the books are on hold at Bacon Free Library and also available as downloads on Minuteman Library Overdrive.

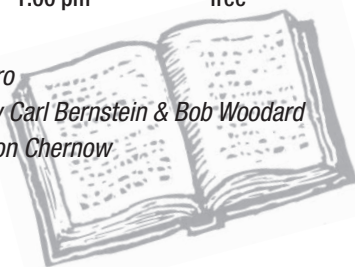
Tues Sept 20 1:00 pm free

Upcoming book groups are:

Oct. 18 - "The Muralist" by BA Shapiro

Nov. 15 - "All the President's Men" by Carl Bernstein & Bob Woodward

Dec. 13 - "Alexander Hamilton" by Ron Chernow



**BORROWING E-BOOKS FOR YOUR ELECTRONIC DEVICES:
Using Your Library Account & Minuteman Library Overdrive**
Location: Community-Senior Center

Join Morse Institute associate, Dave Bartos as he explains how you can download free e-books from home using the Minuteman Library Overdrive system and your library account. You're welcome to bring your own devices and if you do, you will leave with an e-book! Individual questions will be addressed.

Thu Sept 22 1:30 pm free

COFFEE AND CURRENT EVENTS

Location: Community-Senior Center

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel.

Fri Sept 23, Oct 28, Nov 18 10:30 am free

DANCE CALIENTE

Location: Community-Senior Center



Join us for an interactive performance of ballroom and Latin dances by Raul Nieves and Eileen Herman-Hasse. Q & A with performers at the end of the show. *This program is supported in part by a grant from the Natick Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

Wed Oct 19 2:15 pm free

ELDER LAW UPDATE

Location: Community-Senior Center

Join Elder Law attorney Tim Loff for this overview of new changes and things you should know about such things as Medicare, Medicaid, Estate Administration, Disability Law, Long-Term Care Insurance, and Reverse Mortgages. Tim will have hand-outs and Q & A after the presentation.

Mon Sep 26 1:30 pm free

GEN SILENT

Location: Community-Senior Center

Join us for a viewing of the movie Gen Silent, a documentary movie about six LGBT seniors, living in the Boston area, as they struggle to get the long-term care they require to live independently. Refreshments and discussion will be held after the movie.

Wed Sep 28 5:30 pm free

"HAMILTON AND THE NATION'S MONEY" WITH GARY HYLANDER

Location: Community-Senior Center

Hamilton remains the most neglected of the Founding Fathers. Join us for this fascinating talk with historian Gary Hylander as he brings the person and politician, Hamilton to life!

Thu Nov 10 3:00-4:00 pm free

MASSHEALTH BASICS

Location: Community-Senior Center

Join Elder Law attorney, Tim Loff who will talk about elder care under Medicaid in Massachusetts, called MassHealth: how it works, how it can pay for care in the home, in assisted living, or in a nursing home, and eligibility issues. Tim will have hand-outs and Q & A at the end of the presentation.

Mon Nov 14 1:30 pm free

NATICK DURING THE REVOLUTIONARY WAR

Location: Community-Senior Center

Natick Historical Society presents "Natick During the Revolutionary War," a presentation by Marg Balcom and Ben Federlin. Join them as they discuss how Natick citizens kept themselves informed during this tumultuous time in our history and see some interesting artifacts from that time.

Wed Oct 12 10:30 am free

adult daytime at the CSC

OPERA APPRECIATION SERIES

Location: Community-Senior Center

This drop-in course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. *Due to the generosity of an anonymous donor, scholarships are available on a confidential basis. Please contact Lorraine at the CSC for details. (No class Nov 11, Veteran's Day)*

Fri Sep16-Dec 16 10:30 am \$5/class

SHOPPING FOR AN E-READER

Location: Community-Senior Center

Looking for a holiday gift? Or thinking of upgrading your e-reader? Join Morse Institute associate, Dave Bartos as he reviews various e-readers and what to look for when you are shopping around. He'll bring a variety of e-readers to demonstrate.

Thu Nov 17 1:30 pm free

VISIT TO NATICK MUSEUM OF WWII

Location: Meet at the Museum of WW II, 8 Mercer Rd, Natick

The Museum of World War II is a private museum and home to the most comprehensive collection of original WWII artifacts & documents anywhere in the world. Admission is \$15 per person, cash or check payable to Museum of World War II. Space is limited. You will be part of a timed admission. You must be 18 years or older to attend. The museum is handicapped accessible. Everyone is required to sign the museum Waiver Form available at the museum or Natick Community-Senior Center. **Pre-registration required.**

Thu Oct 27 9:30 am \$15 admission fee & signed waiver due upon entry to the museum.



WHAT'S IT WORTH?

ANTIQUE AND COLLECTIBLES APPRAISAL DAY

Location: Community-Senior Center

Bring your treasures, antiques and collectibles for an appraisal by one of our two experts in the field, Kenneth Van Blarcom, owner of Kenneth W. Van Blarcom, Auctioneers and Appraisers in South Natick and Bene Raia, owner of Raia Auctioneers in Holliston. 2 appraisals per customer for a \$5 registration fee. You may bring a maximum of 2 items that you carry in and if you'd like to get an appraisal for furniture or other large items, you may bring a photo of it on your phone. Pre-registration required for appraisals. General admission is free. You can be part of the audience and listen in to the expert appraisals of items. It's our very own Antiques Road Show experience! Attendees will take away information on the appraisal process, how to conserve family heirlooms and learn more about antiques/collectibles. Refreshments available for purchase.

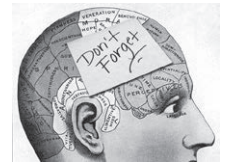
Sat Oct 22 10:00 am-12:30 pm

YOU CAN IMPROVE YOUR MEMORY: A 2-PART CLASS

Location: Community-Senior Center

Join Judy Sabol in this interactive program on tips for improving your memory and discussion about memory and aging. Refreshments provided by Heritage in Framingham. Please plan on attending BOTH class sessions.

Wed Nov 30 & Dec 7 9:30-11:00 am free



NEW PEER SUPPORT GROUP:

Changing Hoarding Behaviors

Location: Community-Senior Center

Do you avoid having people over because of the cluttered state of your home?

Do you have trouble getting rid of your stuff?

Do you buy more than you actually need?

Research shows that working through these issues in a structured group is one of the most effective ways to address hoarding behaviors.

Thu Beginning Sep 15 6:00-8:00 pm free
(Purchase of the book *Buried in Treasures* is required. Available on line new or used.)

Pre-registration is preferred. Call 508-647-6542 for more information or to register.

FULL HOUSE: A HOARDER'S JOURNEY

Location: Community-Senior Center

Please join us for a revealing conversation with Lorraine Gilmore, who has the disorder known as compulsive hoarding. She will share her journey to downsize, her struggles along the way and which strategies helped her the most. **Pre-registration required.**

Wed Sep 7 1:00 pm free

COMPUTERS

COMPUTER LAB

Instructors: Tom Swan & Ray Berggren

Location: Community-Senior Center

Drop-in, first come, first served with your computer questions.

Mon & Fri 9:00-12:00 pm ongoing free
Tue, Wed, Thu 1:00-3:00 pm ongoing free

FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP

Location: Community-Senior Center

Learn about good, free, reliable software for your computer, and share ideas with others who use it! All computer users are welcome. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

Thu Sep 8, Oct 6, Nov, 3 3:00-6:00 pm free

adult daytime at the CSC



FITNESS

Location: Community-Senior Center

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER Pneumatic weight machines, and free weights. To join you must complete an orientation session, which you can sign up for at the front desk at the CSC.

Mon-Fri 7:30am-8:00 pm and Sat 8:00 am-12:30 pm

SMALL GROUP PERSONAL TRAINING: EVENING

Instructor: Fitness Together Staff

Location: Community-Senior Center

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. New sessions start each month

Tue & Thur	Sept 15-Oct 11	7:00-8:00 pm	\$100 per session
Tue & Thur	Oct 13-Nov 10	7:00-8:00 pm	\$100 per session
Tue & Thur	Nov 15-Dec 13	7:00-8:00 pm	\$100 per session

(No sessions on Nov. 8 or Nov 24)

Register at CSC, 508-647-6540, cash or check, payable to 'Town of Natick' due upon registration.

WEEKLY EXERCISE PROGRAMS AT THE CSC

Location: Community-Senior Center

Chair Aerobics:	Tuesdays & Fridays	11:00 am-12:00 pm
Line Dancing:	Wednesdays	12:00-1:00 pm
Muscle Building: Low to Moderate Band Exercises:	Tuesdays and Thursdays	11:00 am
Muscle Building: Advanced Band Exercises:	Tuesdays and Thursdays	10:00-11:00 am
Evening Muscle Building:	Tuesdays and Thursdays	5:30-6:30 pm
Strength Training:	Fridays	10:00-11:00 am
T'ai Chi:	Fridays	11:15am-12:15 pm
Yoga:	Fridays	1:45-4:00 pm
Zumba:	Mondays	12:30-1:30 pm
Back! Chair Yoga:	Mondays	10:00 am

The Community-Senior Center will be open, but all programs will be **cancelled on November 8, 2016** for the Presidential Election as we are a polling site

FUEL ASSISTANCE

2016-2017 WINTER SEASON

Natick Human Services will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) for the upcoming winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent. New applicants can begin applying on November 1st.

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Income guidelines will be available in December and applications can be submitted after January 1st.

Please call Debbie Budd, Case Manager, at (508) 647-6540 with any questions about fuel assistance, income eligibility guidelines or to schedule an appointment to complete an application.

NEW OFFICE & FITNESS CENTER HOURS AT THE CSC:

As of July 1, 2016, the Council on Aging changed it hours. We are now open: Monday–Wednesday, 8:30am–5:00pm, Thursdays, 8:30am–7:00pm and Fridays 8:30am–2:30pm.

On August 1st, the Fitness Center hours also changed to: Monday–Friday, 7:30am to 8:00pm and Saturdays, 8:00am to 12:30pm

LUNCH OPTIONS AT THE COMMUNITY-SENIOR CENTER

When visiting the center consider staying for lunch. Three options are available from 11:00am–2:00pm in the Great Room. The Lincoln Café, operated by The Friends of the Natick Senior Center features soups, salads, sandwiches and daily specials. Meet & Potatoes, a program of BayPath, serves a hot, complete entrée for those who prefer their main meal in the afternoon or bring your own lunch!

BULKY WASTE PICK-UP DAY

The Natick Council on Aging and the Natick Human Services Division is partnering with the Department of Public Works to hold a **BULKY WASTE COLLECTION DAY** on Saturday, October 22, 2016. There will be fifty (50) available slots for Natick residents that are age sixty (60) and older who may difficulty paying the current bulky waste collection fees. For residents that sign up and are selected to participate in this program, bulky waste will be collected at no charge.

Some of the items that may be collected as part of the Bulky Waste Collection Day include:

Air Conditioners, Computer Monitors, Dehumidifiers, Snow Blowers, Storm Doors, Windows, Light Furniture, Toys, Microwaves, Bikes, Gas Grills, Tools, Exercise equipment

Please refer to the Public Works website for a complete list of acceptable bulky waste items.

<http://www.natickma.gov/292/Bulk-Trash-Pickup>

Participants will need to have all items placed at the curb by Friday, October 21st. There will be a limited amount of volunteers available to assist those participants that need help getting items to the curb. **Please call Teri Checket or Debra Budd at (508)647-6542 for more information and to sign up for this program.** You will be asked to provide a list of your items.

fall trips guide

FALL TRIPS AND INFO

DAY TRIPS from Natick Community-Senior Center call for more information 508-647-6540.

Ogunquit Playhouse “Seven Brides for Seven Brothers” Musical

Wednesday, September 7, \$139 includes matinee show, motor coach, lobster bake lunch.

Louisa May Alcott’s Orchard House

Morning Trip on Natick Connector Bus

Wed. September 28, depart CSC at 9:30am for a 1 1/2 hour visit and pick up at 12:20pm. You may bring snacks/water on the bus. There is a \$12 non-refundable registration fee which includes, bus transportation, museum admission and tour.

Norman Rockwell Museum and Red Lion Inn for lunch

Friday, September 30, \$79 includes museum entrance and lunch.

Wrentham Outlets- Morning Trip on Natick Connector Bus

Wed. October 12, depart CSC 9:30am for a 2 1/2 hour visit. Pick up at 12:30 pm and return to CSC approx 12:30pm. You may bring snacks/water on the bus. There is a \$4 non-refundable registration bus fee.

New Hampshire Turkey Train

Friday, October 14, \$78 includes motor coach, scenic train tour and Hart’s Turkey Farm lunch.

Yuletide at the Newport Mansions

Tuesday, November 29, \$79 includes motor coach tour, Marble House Mansion tour, lunch and LaSalette lights.

Information Session on Trips with AAA and Natick Community-Senior Center in 2017: Tuesday, October 4, 6:00 pm, free at Natick Community Senior Center, 117 East Central Street

Join representative Vincent Brown to learn about details on upcoming trips with AAA and Natick Community-Senior Center including:

California Coast, June 11-19, 2017

Come and explore the California Coast with us! We’ll visit the city by the bay- San Francisco enjoying a bay cruise and city tour. We’ll travel to Yosemite National Park enjoying a tram ride through the spectacular scenery. The next day we travel along the CA Coast Highway with amazing views and head south to Monterey, San Simeon/ Hearst Castle, Big Sur, Santa Barbara, Pasadena, & ending in Los Angeles with a private tour of the City of Angels. All inclusive travel with discounts for AAA members and early bookings before December 11, 2016.

Northern National Parks in the U.S., Departs September 8, 2017

Visit Yellowstone and Grand Teton National Parks on this leisurely-paced vacation.

We’ll begin our vacation in Salt Lake City site of the Great Salt Lake & Temple Square. We’ll also spend 4 leisurely nights in the cowboy town of Jackson Hole, Wyoming, the crown jewel of the Northern Rockies as we explore the National Parks. Yellowstone is home to an incredible range of wildlife, including free-ranging herds of buffalo, easily seen from the roads. Experience the thrill of seeing Old Faithful erupt. Experience Grand Teton National Park’s stunning towering range studded with glaciers. Dinner with cowboy entertainment offers a down home

western experience. All inclusive travel with discounts for AAA members and early bookings before March 8, 2017.

Also, if you book any Member Choice Vacations with AAA, please be sure to mention the Natick Community-Senior Center and we’ll receive a donation which will support our programs, events and other fun things we do for our community participants!

FALL 2016 CITIZENS LEADERSHIP ACADEMY

A program designed to enhance citizen understanding of town government operations through learning and conversation.

“I expected to learn about Natick government and operations. The Academy delivered.”

“Authentic conversations with people who have the real answers...”

Accepting applications for the 2016 fall session now!

Visit:
natickma.gov/communityservices
for application and information

Register online at: <https://register.communitypass.net/natick> or call the CSC at 508-647-6540

organic farm programs



ALL PROGRAMS

All programs take place at the Natick Community Organic Farm. All registration takes place online at www.natickfarm.org. Current NCOF Members automatically save 20% on program fees, receive discounts on admission to events like our Harvest Dinner 9/23 and priority sign up for Thanksgiving turkeys. Join online at www.natickfarm.org

FOR PRESCHOOL-AGED KIDS

BEE HAPPY (Ages 3-5)

Get to know more about our special friends, the bees! Learn all about their amazing, busy lives. Make a fun bee craft to take home.

01	Tue	Sep 13	10:30-11:30 am	\$17/\$14
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Chicken and Turkeys (ages 3-5)

Meet a chicken and greet a turkey. We learn what they really love to eat by feeding them ourselves. Maybe if we're quiet, we can hold a chicken! Hunt for eggs in the nesting boxes.

01	Wed	Sep 28	9:15-10:30 am	\$21/\$17
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CHORE TIME (Ages 3-5)

Come down to the Farm and wake up the animals. Help the farmers feed and water the animals and gather the eggs.

01	Mon	Sep 12-Oct 17	9:00-10:00 am	\$68/\$56
02	Tue	Sep 13-Oct 4	9:00-10:00 am	\$68/\$56
03	Thu	Sep 15-Oct 13	9:00-10:00 am	\$68/\$56
04	Mon	Oct 24-Nov 14	9:00-10:00 am	\$68/\$56
05	Tue	Oct 18-Nov 8	9:00-10:00 am	\$68/\$56
06	Thu	Oct 20-Nov 10	9:00-10:00 am	\$68/\$56
07	Mon	Nov 21-Dec 12	9:00-10:00 am	\$68/\$56
08	Tue	Nov 15-Dec 6	9:00-10:00 am	\$68/\$56
09	Thu	Nov 17-Dec 15	9:00-10:00 am	\$68/\$56

No class Oct 3, Oct 6, Oct 10, Nov 11

FOREST GNOMES (Ages 3-6)

Gnomes join experienced teachers two to three days a week outdoors in the woods for exploration of the natural world. The program provides ample time for creative and imaginative free-play as well as vigorous physical activity.

01	Mon and Wed	Sep 6-June 7	8:30 am-12:30 pm	\$3,698
02	Tue and Thur	Sep 7-June 8	8:30 am-12:30 pm	\$3,909
03	Fri	Sep 9-June 2	8:30 am-12:30 pm	\$1,775

Register online at www.natickfarm.org

HOP WITH THE BUNNIES (Ages 3-5)

Spend some time learning about these warm, fuzzy little creatures, such as how they live in the wild and how we care for them at home.

01	Wed	Oct 19	9:30-10:30 am	\$17/\$14
02	Wed	Nov 16	9:30-10:30 am	\$17/\$14

LITTLE HANDS IN THE SOIL (Ages 3-5)

We are looking for little hands to help us take care of our gardens. We will harvest, mulch and put the garden to bed, just like big gardeners.

01	Thu	Sep 22-Oct 20	10:30-11:30 am	\$68/\$56
02	Thu	Sep 22-Oct 20	1:30-2:30 pm	\$68/\$56

No class on Oct 6

OUTDOOR EXPLORE AND PLAY(Ages 1.5-3.5 with a caregiver)

Join our dynamic playgroup which focuses on outdoor free-play and exploration, community building and connection to the natural world. When registering, please indicate the age of your child and who will accompany the child in the "notes" section.

01	Mon	Sep 12-Oct 17	3:00-4:00 pm	\$68/\$56
02	Mon	Oct 24-Nov 14	3:00-4:00 pm	\$68/\$56
03	Mon	Nov 21-Dec 12	3:00-4:00 pm	\$68/\$56

No class on Oct 3, 10

PURELY PIGS (Ages 3-5)

Get to know the smartest animal on the Farm. This is chance to learn about our pigs, feed them kitchen scraps, and watch them play in the mud.

01	Wed	Sep 21	9:30-10:30 am	\$17/\$14
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SHEEP, GOATS AND COWS –OH MY! (Ages 3-5)

Spend some time learning about our sheep, goats and cows. We learn what these gentle, friendly animals really love to eat and feed them ourselves.

01	Wed	Nov 2	9:30-10:30 am	\$17/\$14
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organic farm programs

FOR SCHOOL-AGED KIDS

AFTERSCHOOL FARMERS (Grades K-4)

This program will involve students in our everyday Farm operations, from doing the animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over by Farm staff.

01	Mon	Sep 12-Nov 14	3:15-4:45 pm	\$204/\$168
02	Tue	Sep 13-Nov 15	3:15-4:45 pm	\$204/\$168
03	Thu	Sep 15-Nov 3	3:15-4:45 pm	\$204/\$168
04	Mon	Nov 21-Jan 30	3:15-4:45 pm	\$204/\$168
05	Tue	Nov 29-Jan 24	3:15-4:45 pm	\$204/\$168
06	Thu	Nov 10-Jan 12	3:15-4:45 pm	\$204/\$168

No class on Oct 3, Oct 10, Oct 18, Nov 8, Nov 22, Nov 24, Dec 26, Dec 27, Dec 29, Jan 2

AFTERSCHOOL IN THE WOODS (Grades K -4)

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff.

01	Wed	Sep 14-Nov 30	3:15-4:45 pm	\$204/\$168
02	Wed	Dec 14-Mar 1	3:15-4:45 pm	\$204/\$168

No class on Sep 21, Oct 12, Nov 16, Nov 23, Dec 7, Dec 28, Jan 11, Feb 8, Feb 22

CHICKEN AND TURKEYS (Ages 5-7)

Meet a chicken and greet a turkey. We learn what they really love to eat and feed them ourselves. Maybe if we're quiet, we can hold a chicken. Hunt for eggs in the nesting boxes.

01	Wed	Sep 28	3:15-4:30 pm	\$21/\$17
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FARMING FOR HOMESCHOOLERS (Ages 5-10)

Each morning children will be involved in our everyday Farm operations, from animal chores to harvesting to putting our gardens to bed. Over the course of the year, they will get a deep insight into all aspects of work on a farm. This is a drop-off program.

01	Tue	Sep 13-Dec 20	9:00 am-12:00 pm	\$720/\$585
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FARMING FOR HOMESCHOOLERS (Ages 11-14)

Middle-school-aged youth work together to solve problems creatively and to contribute meaningfully to the Farm's mission. These intrepid students participate in every aspect of the farming seasons, from harvesting in the fall to sugaring in the winter to planting in the spring.

01	Mon	Sep 12-Dec 19	8:30 am-2:30 pm	\$1,040/\$845
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No class on Oct 3, Oct 10

FOREST FAIRY CROWNS (Ages 5-10)

Come down to the Farm for an afternoon of Fairy crown making. We'll use the Farm's beautiful flowers and other natural items to decorate!

01	Wed	Sep 14	3:30-4:30 pm	\$17/\$14
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HAY, HAY! (Ages 5-10)

Spend some time learning about our sheep, goats and cows. We will learn what these gentle, friendly farm animals really love to eat and feed them ourselves.

01	Wed	Oct 2	9:30-10:30 am	\$17/\$14
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ONLY BUNNIES (Ages 5-10)

Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions answered about these furry critters.

01	Wed	Oct 19	3:30-4:30 pm	\$17/\$14
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YOUTH WORK EXPERIENCE (Grades 5-10)

Join Farm staff afterschool to take care of the animals and help with maintenance. Students will be involved in harvesting and putting the gardens to bed.

01	Tue	Sep 13-Nov 1	3:00-4:30 pm	\$192/\$156
02	Wed	Sep 14-Nov 9	3:00-4:30 pm	\$192/\$156
03	Thu	Sep 15-Nov 3	3:00-4:30 pm	\$192/\$156
04	Tue	Nov 8-Jan 3	3:00-4:30 pm	\$192/\$156
05	Wed	Nov 16-Jan 11	3:00-4:30 pm	\$192/\$156
06	Thu	Nov 10-Jan 12	3:00-4:30 pm	\$192/\$156

No class Oct 12; Nov 24, Dec 27, Dec 28, Dec 29

FOR FAMILIES

A FARMER'S MORNING

(All ages. Under 10s must be accompanied by a caregiver)

We will take care of the animals by feeding and watering them, and collect fresh eggs for breakfast. Then we'll head inside for a hearty farm breakfast. When registering, please note how many children are in your party in the "notes" section.

01	Sun	Sep 18	9:00-10:30 am	\$20/ pers
02	Sun	Oct 2	9:00-10:30 am	\$20/ pers
03	Sun	Oct 16	9:00-10:30 am	\$20/ pers

BABES IN THE WOODS (Ages 6-18 months with a caregiver)

Join us at the Farm for a forest sensory experience for your infant or toddler. Experience the joys of the season and all that nature offers alongside your child.

01	Tue	Sep 13-Oct 4	10:00-11:00 am	\$68/56
02	Tue	Sep 13-Oct 4	3:00-4:00 pm	\$68/56
03	Tue	Oct 11-Nov 1	10:00-11:00 am	\$68/56
04	Tue	Oct 11-Nov 1	3:00-4:00 pm	\$68/56
05	Tue	Nov 8-Nov 29	10:00-11:00 am	\$68/56
06	Tue	Nov 8-Nov 29	3:00-4:00 pm	\$68/56

organic farm programs

WEE FARMERS (Ages 3-6 with a caregiver)

Come down to the Farm and spend time with the animals. Help feed and water the animals and gather eggs. When registering, please indicate who will accompany the child in the "notes" section.

01	Wed	Sep 14-Oct 5	3:00-4:00 pm	\$68/\$56
02	Wed	Oct 19-Nov 9	3:00-4:00 pm	\$68/\$56
03	Wed	Nov 16-Dec 7	3:00-4:00 pm	\$68/\$56



FOR ADULTS

DINNERS WITH DEENA (Ages 15+)

Learn the best ways to cook the unique vegetables, from crunchy kale chips to curried kohlrabi fritters. You'll go home with a full stomach, new culinary skills and tasty recipes to feed your family and friends.

01	Thu	Sep 15	5:00-7:00 pm	\$35
02	Sep	Sep 22	5:00-7:00 pm	\$35
03	Sep	Sep 29	5:00-7:00 pm	\$35
04	Oct	Oct 6	5:00-7:00 pm	\$35
05	Sep	Sep 15,22, 29, Oct 6	5:00-7:00 pm	\$125

EATING ORGANIC! (Ages 21+)

Come learn about and taste new organic vegetables and herbs from our organic garden. Try out some healthy, hearty recipes and discover the benefits of organic produce on the earth, your body and your taste buds. with Deena Kanopkin, Farmer and Cook.

01	Fri	Oct 14	5:00-7:00 pm	\$40
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GROWING AND EATING GREAT GARLIC (Ages 14+)

Learn how to start and tend your own garlic patch, which varieties thrive in our climate, and how to get the best yields. We'll be sampling different varieties of raw and cooked garlic in different forms during class, so bring your appetite and be prepared to leave with garlic breath. with Trish Wesley Umbrell, Farmer and Cook.

01	Tue	Oct 4	7:30 pm	\$15
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SOAP MAKING 101 (Ages14+)

Learn about different carrier oils, essential oils, and other soap ingredients. Join the class in making a fresh batch of soap, using the traditional cold-process method. Each participant will take home close to a pound of all natural handmade soap. Dress for mess, preferably with long sleeves and closed shoes, and bring along an old towel to insulate your fresh block of soap. Limited to 8 participants. with Melissa Kenny Probst, Soap Maker, Sweet Suds. \$65 includes materials. Registration for this class does not take place with NCOF; please register directly with instructor Melissa Kenny Probst, sweetsuds@zoho.com; (508) 904-9246.

01	Sat	Nov 12	1:00-4:30 pm	\$65
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THE NATURAL SPA NIGHT! (Ages 21+)

with Deena Kanopkin, Farmer and Crafter

Come to the Farm and pamper yourself with a night of revitalizing herbal facials and organic coconut hand scrubs. Relax as we create natural lip balm for you to take home and learn about the health benefits of our garden herbs.

01	Thu	Dec 1	7:00-9:00 pm	\$15
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15TH HARVEST DINNER & SILENT AUCTION

Friday, September 23, 2016, 5:00-9:00 pm

Wellesley College Club, 727 Washington St. Wellesley, MA 02481

A fabulous, nonpretentious meal starring NCOF's finest products, plus delicious contributions from over 30 local farmers, fishermen, cheesemakers, brewers, distillers, and bakers. All proceeds to support NCOF's Teen Work Crew and Mentoring Teens through Agriculture programs. \$135 Nonmembers/\$115 Members.

Remember Your Farm for

- Scout troop camping, crafting, and badge projects
- Volunteering
- Barn Birthday Bashes

Register online at www.natickfarm.org

morse institute library

ALL LIBRARY EVENTS ARE FREE AND OPEN TO ALL.

Visit us online at morseinstitute.org or subscribe to our online newsletter, Morse Messages, at morseinstitute.org/newsletter for our full list of events and activities.



SLIDING AROUND THE WORLD

Take an international musical tour with brass chamber trio the Solstice Sackbuts

Sun Sep 25 3:00 pm Free
Visit:morseinstitute.org

GHOSTS & HAUNTINGS WITH JEFF BELANGER

Professional ghost hunter Jeff Belanger will present a multimedia program featuring some of the world's most infamous haunts like the Tower of London, the White House, and Amityville.

Tue Oct 18 7:00 pm Free
Visit:morseinstitute.org

A CONVERSATION WITH OUR NEIGHBORS

Join Shaheen Akhtar, educator and interfaith liaison at Wayland's Islamic Center of Boston, for a presentation and discussion on Islam. Akhtar's purpose is to dispel lies regarding Islam and to help those of other faiths understand the beliefs of Islam and the ways it is connected with other Abrahamic religions.

Sun Oct 23 3:00 pm Free
Visit:morseinstitute.org

TINSELTOWN INVENTOR: HEDY LAMARR

Join History At Play character actress, Judith Kalaora, as she introduces you to a woman clouded in a fantasy world that only Tinseltown could create. Watch, as this young Austrian refugee transforms to become The Most Beautiful Woman in the World, all the while, inventing technology that changed our world forever.

Sun Nov 6 2:30 pm Free
Visit:morseinstitute.org

STORMY WEATHER: MUSIC AND POLITICS IN THE 20'S, 30'S AND WWII

A musical and historical presentation by Beth Canterbury of Walnut Hill and Matthew Larson Boston of University Opera Institute featuring music of German cabaret, Tin Pan Alley, the Great Depression, and the start of the Second World War.

Sun Nov 13 3:00 pm Free
Visit:morseinstitute.org

INTERNATIONAL GAMES DAY @ YOUR LIBRARY!

Sponsored by the American Library Association

This event will be held at the Natick Community/Senior Center

World-wide libraries from Antarctica to Australia will be celebrating the games on Saturday, 11/19. Come and be a part of Morse Institute Library's board game playing fun, and help us get Natick on the international map of gamers!

Sat Nov 19 1:00-4:30 pm Free

WINTER CONCERT

Featuring the Broadmoor Chamber Singer, Natick's local Community Chorus, conducted by June Ambush and accompanied by Soyoun Park on piano.

Sun Dec 4 3:00 pm Free
Visit:morseinstitute.org

Kids and Teens events weekly! Visit us online or at the library for our full calendar of events.

Did you know that you can check out books and audiobooks for your iPad, Kindle or other device from home? Want to know more? Stop by the library and let us show you how!



bacon free library

REGULAR EVENTS

STORYTIME

Come listen to a variety of stories with Fran, do a craft, and find some great books to take home!

Tuesdays, Wednesdays, and Fridays 10:00-11:00 am Free

Visit: <http://baconfreelibrary.org/events/>

FRENCH CONVERSATION CLUB

Vous parlez français? Venez nous rejoindre pour pratiquer votre français.

First and Third Saturday of the Month, 9:15-10:15 am Free

Visit: <http://baconfreelibrary.org/events/>

SPANISH CONVERSATION CLUB

¿Habla usted español? Join us for an hour of Spanish conversation and brush up on your language skills.

First and Third Saturday of the Month 10:30-11:30 am Free

Visit: <http://baconfreelibrary.org/events/>

ADULT COLORING BOOK CLUB

Coloring Books are not just for kids anymore!

Thursdays 2:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

BOOK CLUBS

SEPTEMBER

MYSTERY BOOK CLUB

Join us for a conversation about a suspenseful mystery! Stay tuned for a title!

Thursdays Sep 1, Oct 8. Nov 3 1:00-2:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

ENVIRONMENTAL BOOK CLUB

Join us for a discussion of *H is for Hawk* by Helen Macdonald!

Tuesdays Sep 1, Oct 4. Nov 1 7:00-8:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

GRAPHIC NOVEL BOOK CLUB

Join us at the Morse Institute Library for a discussion of *Hark! A Vagrant* by Kate Beaton.

Thursdays Sep 8, Oct 13. Nov 10 7:00-8:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

"GULP FICTION" 20-30 SOMETHING BOOK CLUB

Join us for a discussion of Goldy Moldavsky's *Kill the Boy Band*. Check our website for location.

Wednesdays Sep 14, Oct 12. Nov 9 6:30-8:30 pm Free

Visit: <http://baconfreelibrary.org/events/>

COOKBOOK CLUB

Join us for a discussion of *The Perfect Portions Cookbook* along with author Mona Dolgov. Bring along a recipe from the book to sample and share.

Saturdays Sep 17, Oct 22 12:00-1:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

HISTORY BOOK CLUB

Location: Community-Senior Center

Join us at the Natick Community Center as we discuss *The Witches* by Stacy Schiff.

Tuesdays Sep 20, Oct 18. Nov 15 1:00-2:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

ROOKIE BOOK CLUB

Boys and girls in grades 1-3 are welcome to join us in a discussion of an age-appropriate story. Stay tuned for a title!

Tuesdays Sep 20, Oct 18. Nov 15 4:00-5:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

TWEENAGE BOOK CLUB KIDS IN GRADES 4-6

Join us in a conversation about an age-appropriate story. Stay tuned for a title!

Tuesdays Sep 27, Oct 25. Nov 22 4:00-5:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

ADULT GENERAL BOOK CLUB

Join us as we discuss *The Muralist* by B.A. Shapiro

Tuesdays Sep 27, Oct 25. Nov 22 7:00-8:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

SPECIAL EVENTS

SEPTEMBER

HOME BREWERS CLUB

Join home brewing enthusiast, Colton Belisle, at the BFL to explore the fun of creating your own beer! Adults 21 and over may have the opportunity to sample!

Tue Sep 20 7:00-8:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

OCTOBER

AUTHOR VISIT: B.A. SHAPIRO

We're thrilled to be welcoming bestselling and award winning author B.A. Shapiro to the BFL!

Tue Oct 18 7:00 pm Free

Visit: <http://baconfreelibrary.org/events/>

AUTHOR CONFIDENTIAL AUCTION

Ever had a burning question for your favorite author? Bid to ask your favorite author three questions and receive a written letter from the author with your answers! Keep a lookout for more information on our website!

Oct 23-30 Free

Visit: <http://baconfreelibrary.org/events/>

NOVEMBER

WCV: RADIO FOR YOUR EYES

Join Sally Cragin (famed for her "Clothes Encounter" visit at the BFL) and her partner Jeff Van Amburgh for a mock comedy old timey radio show. They'll have news, commercials and lots of music.

Tue Nov 15 7:00-8:30 pm Free

Visit: <http://baconfreelibrary.org/events/>

volunteering

VOLUNTEER OPPORTUNITIES

Volunteering for the Council on Aging just got easier! If you are interested in becoming a COA volunteer just go to www.myvolunteerpage.com and search for "Natick". You will be brought to our new volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer.

TRANSPORTATION VOLUNTEERS

Volunteers are needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally as well as in Boston. Drivers have the opportunity to meet and get to know many new people while providing a much needed service. This opportunity allows for a flexible schedule, and drivers use their own car to drive people to destinations to which they are comfortable. Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts.



FALL LEAF RAKING FOR SENIORS

This one morning or one afternoon commitment is a wonderful way to help by raking the yard of a Natick senior citizen who is unable to do it on their own before the snow falls. This is a great opportunity for a school group, family, girl or boy scout troop, a religious organization, or other individual or group to get involved with making a difference in our community through service. The event happens over two weeks in November after the leaves have fallen. The homeowner provides the leaf bags, and the volunteers bring their own rakes and other equipment (some homeowners can provide equipment as well).

If you are interested in any of the above opportunities, please go online to www.myvolunteerpage.com. If you have questions or require further information, e-mail kedwards@natickma.org or call the Community-Senior Center at 508-647-6540.

transportation

TRANSPORTATION PROGRAM

The Natick Connector provides door-to-door transportation for seniors and people with disabilities who need rides throughout Natick and nearby destinations.

The service provides transportation to medical appointments, grocery stores and other personal services throughout Natick and nearby destinations including Framingham, Wayland, Wellesley and Ashland. The one-way fare is \$2; round trip is \$4. Residents set up accounts with the MetroWest Regional Transit Authority (MWRTA) and the trip fare will be deducted from your account. Call MWRTA at (508) 820-4650 to set up an account. ** No one will be refused a ride if they are unable to pay.

To reserve a ride, contact the MWRTA call center at (508) 820-4650. Please contact the call center at least two business days before you need a ride. *Questions or comments? Contact Jim Brenneman at jbrenneman@natickma.org.*

JUST A REMINDER

Just a reminder that people with handicap placards are free to park anywhere in the CSC parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only. Please be advised that there is NO PARKING in the striped spaces. These spaces allow for those in a wheelchair additional room to get in and out of their vehicles. **Parking in these spots is subject to at \$250 fine.**

TAXI COUPONS

Natick Council on Aging has a taxi coupon program with local taxis for seniors and residents with disabilities who are unable to access other transportation resources. The intent of this program is to assist in paying the taxi fare, not to pay the total fare. Taxi coupons are assigned, are non-transferable, have no cash-back value and expire at the end of the fiscal year, June 30, 2017. For additional information, (508) 647-6540

RMV NEAR ME

The Council on Aging can now conduct certain Registry of Motor Vehicles transactions on-line with assistance from trained volunteers and staff. Trained volunteers will assist with:

- License Renewals*
- Duplicate License Request
- Renew Mass ID
- Registration Renewals or Cancellations
- Change of Address
- Enroll as an Organ and Tissue Donor
- Obtain Disabled Placard and Plate form

*If you are 75 years old or older, or have already used your license photo twice, you will need to complete your transaction at the Registry of Motor Vehicles.

By appointment only at the CSC, call 508-647-6540

community & municipal news

MUNICIPAL NEWS

Board/Committee Members Needed

The Board of Selectmen is currently accepting applications for the following Boards/Committees/Commissions:

- Affordable Housing Trust (Attorney Representative)
- Bacon Free Library Maintenance
- Cable Advisory Board
- Community Development Advisory Committee
(Representative of Public Housing)
- Cultural Council
- Historical Commission
- Historic District Commission
- Lookout Farm Advisory Committee
- Sawin House Advisory Committee
- Transportation Advisory Committee

To learn more about a committee or to apply please visit www.natickma.gov/volunteer or contact the Board of Selectmen's office at 508-647- 6410 or selectmen@natickma.org.

NATICK TACKLES OPIOID CRISIS

Like other Massachusetts communities, the Town of Natick has been struggling with the opioid epidemic that impacts all of us. We see addiction as a public health issue. It's not about morals or strength of character. Addiction can affect anyone from any family. Together we can confront the stigma of addiction that prevents families from seeking the help that they need.

The Town of Natick adheres to the Good Samaritan Law and provides protection from prosecution for those who call 911 in the event of an overdose. We understand that we are not going to arrest our way out of this epidemic. We want to work with those needing help to access the services that they need. If you or your loved ones are in need of help, please don't hesitate to reach out to your police and fire departments.

Your community cares! We are in this together.

A message from Chief Hicks, Natick Police Dept. & Chief White, Natick Fire Dept.

Cast Your Ballot

ELECTION BASICS

Natick residents are encouraged to participate in the upcoming election cycle. Basic facts:

State Primary Election—Thursday, September 8, 2016

Presidential and State Election—Tuesday, November 8, 2016

Last Day to Register for the Presidential Election is Wednesday, October 19, 2016. Should you have any questions or wish to register, please feel free to contact the Town Clerk's office at: 508.647.6430

All polling locations will open at 7:00 am and close at 8:00 pm. Anyone in line when the polls close will be able to vote.

Polling Locations in Natick:

- PRECINCT 1 Brown Elementary School, 1 Jean Burke Drive
- PRECINCT 2 Cole Recreational Building, 179 Boden Lane
- PRECINCT 3 Brown Elementary School, 1 Jean Burke Drive
- PRECINCT 4 Wilson Middle School, 22 Rutledge Road
- PRECINCT 5 Wilson Middle School ,22 Rutledge Road
- PRECINCT 6 Lilja School, 41 Bacon Street
- PRECINCT 7 Community Senior Center, 117 East Central Street
- PRECINCT 8 Morse Institute Library ,14 East Central Street
- PRECINCT 9 Community Senior Center, 117 East Central Street
- PRECINCT 10 Community Senior Center, 117 East Central Street

Not sure of your precinct? Visit the following site to find out:
<http://www.natickma.gov/915/Voting-Locations>

Take A Hike



Hunnewell Town Forest

The 100-acre Henry Sargent Hunnewell Town Forest is a preserved woodland with wetlands that has 4 major moderate hiking trail loops. The varied topography of the Forest supports a wide variety of plant and animal communities. Trailhead is located on Oak Street just north of the Lilja School.

Coolidge Hill Summit

This short (.4 mi) but rigorous trail has great views of the surrounding area. Trailhead is on Jefferson Street. The view: absolutely exquisite.

Morencey Woods

The 3/4 mile moderate hiking trail has some small hills. The trailhead in Natick is at the south end of Nolin and Longview Street.

Eisenwenger

The 1.5 mile Eisenmenger Trail connects Coolidge Field in downtown Natick with Memorial School in South Natick. The 1.9 mile trail. One may access the ET in South Natick from just past the tennis courts at Memorial School and head NW towards Coolidge Field, or one may hike from Central Natick (Coolidge Field area) SE through the Coolidge Woods trails up to and across Woodland St. and down to Memorial School.

Coolidge Hill Trail

This .4 mi trail has great views and is moderate hiking (except for approx. 200' that's a bit rigorous.) Trailhead is on Jefferson Street.

Middlesex Path

Good bike trail. Trailhead is at West Central Street. This one of our most famous trails as it follows the old RR track that was used by runaway slave. It was part of the Underground Railroad System which Harriet Tubman designed in the early 1800's to help slaves escape to Canada.

Timothy Coolidge Woods

Moderately rigorous side trails are moderate with great views. Trailhead is off West Street from Natick High field. Park at the high school filed lot.

Sudbury Aqueduct

The Cochituate Aqueduct brought water to Boston, MA during the years 1848-1951. This easy walking trail is approximately 1/2 mile. Trailhead is at Memorial School (rear parking lot) at 107 Eliot Street. In summertime hikers may park at Memorial School.

Pegan Cove

Pegan Cove Trail is a great area for a quick hike, run or dog walk. Located just off of Washington Street, it is only a 10 minute walk from the center of town. 1-mile, moderate walking trail. Trailhead is on Washington Avenue.



This Fall

Community Education and Resources

Community Services Department

Town of Natick

117 East Central Street

Natick, MA 01760

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FALL 2016

Citizens Leadership Academy

Curious about how your local government works?

Interested in building connections in the *community*?

Participate in Natick's Citizens Leadership Academy!

*Join your friends, neighbors, and distinguished guests
for a 10 week educational series.*

Now accepting applications for the fall 2016 session.

For more information and an online application, please visit natickma.gov/community or contact,
Jemma Lambert, Director of Community Services at: 508.647.6546.

**Recreation and Parks • Council On Aging • Human Services
Natick Community Organic Farm • Veterans' Services**

Community Services Department
117 East Central Street • Natick, MA 01760